

# Standardized Recipe Form

Recipe Name Blueberry Muffins

Category Breads/Rolls/Starch

Recipe # \_\_\_\_\_

Process: 2

(1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

<b>Ingredients</b> * Indicates a commodity item (Local) Indicates a local item	Servings		<b>Directions:</b> Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
All purpose enriched white flour* Whole wheat flour* (or Local) Sugar, granulated Baking Powder Baking Soda Salt, table Buttermilk, fluid, cultured, low fat Orange juice, chilled, from concentrate Eggs, fresh Vegetable oil* Vanilla extract Orange zest, raw Blueberries, frozen, unsweetened*	7 1/3 cups + 12 1/2 oz 1 qt + 1/8 cup 3 1/8 cups 3 Tbsp + 3/8 tsp 1 tsp 1 tsp 3 1/2 cups + 2 1/2 Tbsp 1 cup + 1/2 Tbsp 5 1/4 large 2 cups + 1 Tbsp 1 Tbsp + 1 5/8 tsp 1 Tbsp + 1/8 tsp 1 qt + 1/8 cup, unthawed	14 5/8 cup + 25 oz 2 qts + 1/4 cup 1 qt + 2 1/4 cup 1/3 cup + 1 Tbsp 2 1/8 tsp 2 1/8 tsp 1 qt + 3 1/4 cups 2 cups + 1 Tbsp 10 1/2 large 1 qt + 1/8 cup 3 Tbsp + 3/8 tsp 2 Tbsp + 1/4 tsp 2 qts + 1/4 cup	1. Blend flours, baking soda, baking powder, and salt in large bowl. 2. Combine sugar, eggs and oil in the mixer until smooth, scraping the bowl at least once. Add buttermilk, and vanilla. Reserving one cup of the flour mixture, slowly add the dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 30-45 seconds. Add the orange juice and mix until absorbed. 3. Shake the frozen blueberries up with the reserved flour to coat. Add to the mix, turning in by hand with a rubber spatula. DO NOT OVERMIX. Batter will be lumpy. 4. Scoop muffins with an 8 oz scoop into paper lined muffin cup pan which have been lightly coated with pan release spray. Use two pans. 5. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-15 minutes 6. For muffin squares cut each pan 5 x 10 (50 portions per pan). For muffin pans: Portion batter with #20 scoop (3 1/3 Tbsp) coated with pan release spray. Fill no more than 2/3 full.

Serving Size 1 muffin

Pan Size \_\_\_\_\_

**Oven Temperature & Baking Time:**

Yield \_\_\_\_\_

Number of Pans \_\_\_\_\_

	Temperature	Minutes
Conventional	<u>400</u>	<u>18-20</u>
Convection	<u>350</u>	<u>12-15</u>

**Meal Pattern (Based on Serving Size):** \_\_\_\_\_

\_\_\_\_\_ Meat/Meat Alternative  
 \_\_\_\_\_ Fruit/Vegetable  
 \_\_\_\_\_ 1 Grains/Breads

If available, **Nutrition Analysis: Serving Size:** \_\_\_\_\_

<u>279</u> Calories	<u>1.53</u> Saturated Fat (g)	<u>2.7</u> Vitamin C (mg)
<u>5.32</u> Protein (g)	<u>194</u> Sodium (mg)	<u>46.7</u> Vitamin A (IU)
<u>10.28</u> Total Fat (g)	<u>2.28</u> Fiber (g)	<u>83.28</u> Calcium (mg)

This recipe is from Robin Vogler at Somers Schools, in Somers, Montana.

33.1 % Calories from Total Fat

1.80 Iron (mg)